

The 2010 Seed to Spoon Collective

from the Lien Family Farm



Dear Friends in Food of the Highest Quality,

The Seed to Spoon Collective is preparing the Lien Family Farm for another exciting Community Supported Agriculture (CSA) season! This year, the Matt and Nadya are joined by Travis Owens and Cora Loucks and we are all very keen to get your veggies growing organically!

The Seed To Spoon Team and Philosophy

Without further ado, allow us to introduce ourselves, and offer you the opportunity to enjoy the veggies of our labour by becoming members of the **Seed to Spoon Collective CSA!**

Matthew Atkinson is again stepping out of the classroom at MUN (where he is a Statistics Instructor & Consultant) and into the Farm's fields. A man of many hats, Matt is treasurer of the St. John's Community Garden Alliance, moonlights as a private chef, loves tomatoes and brings his discriminating taste for the spicy and delicious to your vegetable selection.

Nadya Bell returns from six months in the Amazon volunteering with garden and reforestation development projects in an indigenous community - just in time to start the tomato and pepper seedlings! A journalist and writer, Nadya is happiest with the trees, and you are welcome to join her any time in the farm's "hammock grotto". After a delicious season at the farm last year, she is very excited to see what beautiful creatures will visit our gardens and our plates as the summer grows.

Travis Owens actually joined the S2S Collective part-way through the 2009 season. A man built for moving and fixing things, Travis may not see himself as a farmer, but the Farm couldn't have done without him! Trav has been a part of a few collective efforts through his years, and he delivers a wealth of diverse experience from his travels across the continent. Ask him a little about The Bus sometime...

Cora Loucks is headed into her 3rd year of a Biology degree at the University of Waterloo, but is spending the summer in Newfoundland, first! We're excited that Cora has decided to join us for one of her work terms, and she'll be a fixture at the Farm from May through August.

The Mud Oven will be ready for its first fire this spring. We started construction last summer on what is surely the biggest outdoor clay and brick bread oven on the island. After we work out any kinks, we hope to produce sour-dough loaves and our CSA members will all get a taste sometime this summer!

We believe in healthy food & healthy environments. We believe in traditional methods to food production that benefit the health of our selves, community, and environment. It is for this reason that all of our veggies are grown organically, in rich sustainable soil, and sold locally. We've made arrangements with local businesses to secure nutrient inputs without resorting to unsustainable, chemical-based fertilizers. We collect compost from The Sprout, and other local farms donate mulches and manures. We use organic, natural source amendments like kelp and capelin from the sea; burdock and stinging-nettle compost teas; and *bio-char* - the result of controlled, slow-burning of organic matter.

Matt, Nadya, Travis and Cora bring a unique combination of education, experience, and interests to the table this year. With the continued support of a dynamic team of deep-rooted organic growers, the Seed to Spoon Collective is truly becoming...

A Newfoundland dream-team of green-thumbed garden gurus!

The 2010 S2S CSA Season

Our goal for 2010 is to provide for about 30 Full Shares, and 10 or 12 partial shares (detailed below). After satisfying our CSA members, we will bring excess produce to the St. John's Farmer's Market on Saturdays. At the Market, we'll have seedlings for sale in the spring (e.g., tomatoes and lettuce) and perhaps a few value-added products come harvest time (e.g., preserves, pickles, pastas and sauces). We are excited to offer an ever expanding assortment of vegetables, herbs and fruit that are top-quality in taste, which you can take pride in serving to your family, knowing that they are locally and naturally grown. Here is some of what's in store for the 2010 season:

Tender & Hearty Greens! We are planting more varieties outside earlier (under row-cover) and more often (succession plantings). All your traditional, mild, spicy and Asian favourites... more often!

Tomatoes & Peppers! With the greens moved outdoors earlier, the greenhouses will pump out tomatoes earlier this year. Look for the familiar Latah, Taxi (Yellow), Tigerella & Scotia, and wait for late-season purple varieties!

Alliums! We've more than doubled plantings of Onions (bunch & bulb), Shallots, Leeks & Garlic

Roots! Potatoes, Sweet Potatoes, Beets, Carrots, Turnip, Radish, Daikon... You just can't stop the Rock's root crops!

Cucurbits! Cucumbers, Summer Squash, Winter Squash, Spaghetti Squash, Pie Pumpkins

Brassicas! Brussels' Sprouts, Broccoli, Cauliflower, Kale, Kohlrabi and Cabbage

Peas and Beans! Berries! Edible Flowers! Herbs! Maybe a loaf of bread or two!

A Day at the Farm – Come & Visit!

The Seed to Spoon Collective CSA always welcomes a motley crew of friends and volunteers that are excited to lend a helping hand this summer. We'd love to have you and your family join us at the Farm some sunny or rainy day. This is a great opportunity to re-connect with the production and producers of your food by spending a day in the garden helping to sustain the environment and community around you. There is always a bonus bag of the freshest and healthiest veggies for those that choose to get some exercise by helping out for a day at the farm!

A day at the farm this summer would include meeting the small flocks of chickens and turkeys that are continually "feeding" the veggie-plots (and occasionally feeding us more directly!), and the Farm dogs Tess and Annie. Enjoy a stroll around the fields, greenhouses and down a meandering path through the spruce trees leading to a picture-perfect swimming hole. (Bring your wading shoes!) If it's a bread baking day, there will be a fresh loaf to add to your picnic lunch - we take a break for a pot-luck lunch almost every day. Although we won't be offering formal workshops this year, learning opportunities exist at every stage of the process. We'd love to chat about seed selection and propagation, bed preparation, composting, organics, companion planting, short-season techniques, guerrilla gardening and food security with our supporters when visiting the Farm. Towards the end of the season, we'll plan a Family Day and extend a special invitation to our members to come help celebrate what is sure to be another great season.

Membership Details

- Up to 30 **Full Shares** available (**\$450 for 15 wks**): 2 pick-ups before July, then 13 pick-ups each Tuesday beginning in early July and ending in September
- 5 or 6 **Fat-Half Shares** are available (**\$300 for 14 wks**): 1 pick-up before July, then 13 pick-ups each Tuesday July-Sept. Fat-Half shares will be smaller, and may have fewer varieties than full-size shares.
- 5 or 6 **Half-Time Shares** are available (**\$250 for 8 wks**): 1 full-size bag before July, then 7 full-size bags scheduled on Tuesdays between July & September (e.g.: every second week)
- Members choose one of two locations to **pick-up their share on Tuesdays (5-8pm)**: at the Farm (147 Bauline Line Extension), or 14 Larch Place (near Elizabeth and Carpasian)
- We are also interested in the possibility of bartering a couple shares in exchange for labour or other home-grown services, so please don't be shy if the idea interests you!

A little "fine print"

- We think you'll be pleasantly surprised each and every week. By season's end, we hope that you feel we have delivered an average value near \$30 per Full-sized pick-up (near \$20 per Fat-Half Share pick-up).
- We are not using the word "organic" in our name since we're not pursuing official organic certification. However, we pledge to remain loyal to the Lien Farm's organic heritage.
- Our first priority will always be to deliver uncommonly good raw vegetables to our C.S.A. members. Only after that commitment is satisfied will we attend the Farmer's Market to distribute excess produce.
- CSA ventures have several different flavours, but at the heart of each scheme is the diversification of the risks involved in small-scale, sustainable food production. Our version of the CSA (as implemented by the Lien Family Farm operation in the past), and its myriad benefits are described above. While we will make extraordinary effort to fulfill our commitment to you, please understand that the vagaries of our NL climate can sometimes wreak a little havoc on the development of crops in the fields. In the extremely unlikely event of total crop failure or collapse, we do ask for your help in covering the cost of inputs before we work out refunds of your monetary commitment as a CSA member. Your purchase of a Seed to Spoon Collective CSA share reflects your understanding of the risks involved and your willingness to engage in a good-faith process of negotiation if necessary.

Some notes on the 2009 S2S Season

- A very conservative estimate is that 4 people contributed a total of 450 work-shifts (5+hrs) towards production (considering only March - Oct). Since CSA shares accounted for 75% of income (and 75% of overall veggie-consumption), 75% of expenses were covered by CSA share payments. CSA share payments (remaining after expenses) provided an average "wage" of about \$19.00 per 5+ hour work-shift. Dividing this "wage" per work-shift by the number of CSA shares yields each household's contribution to each work-shift "wage". This implies that in the 2009 season, every Full-share contributed 60 cents (\$0.60), and every Half-share contributed \$0.40 to each work-shift "wage".
- We had a really hard time consistently keeping the 2009 half-shares to strictly half the size of a full bag. The new 2010 pricing structure reflects our ongoing efforts to provide equivalent value to all our share-members, regardless of price-point.